

# Beyond The Suicide Assessment:

Helping Those Who Are Struggling With Chronic Suicidal Thoughts & Urges

AN ADVANCED WORKSHOP

This advanced PD presentation focuses on how to help those who chronically reside in a state of not wanting to live, but they are not actively at risk for suicide and/or are not eligible to be admitted for in-patient psychiatric care.

## Learning Goals:

- Examine the psychological needs that are often associated with those who chronically reside in a state of not wanting to live (but are not actively at high risk for completing suicide).
- Discuss how these underlying motives can be addressed in treatment in a way that is respectful to an already overwhelmed nervous system.
- Examine the challenges and psychological toll workers' encounter when working with high risk clients (e.g., triggering rescuing and withdrawal actions).
- Discuss how standard risk factors for suicide may be misleading.
- Identify various strategies to help the worker stay calm and grounded when managing "high" red or "very low" blue energy from a client and how the worker's mirror neurons' can be used to help the client.
- Describe at least 8+ creative intervention strategies that may be helpful in reducing the client's chronic need to consider suicide. Practice at least 3+ of these intervention strategies.
- Identify ethically sound documentation practices when working with those that report 'chronic' suicide concerns.
- Offer open time to process, debrief, and problem solve unique situations involving suicide threats.

## Are you eligible to take this professional development workshop?

- This workshop is **ONLY** for those who **have taken** training in suicide assessment/prevention because this workshop is **NOT** about teaching: (a) what is suicide, (b) how do a suicide risk assessment, or (c) standard suicide prevention strategies. This workshop is focused on how to work with those who have already assessed to be at risk for suicide and they are not eligible to be admitted for psychiatric inpatient care.
- Ideally, for ease of learning, it might be best to take this workshop after you have taken Dawn McBride's emotional regulation workshop.
- This workshop is not addressing self-harm, mass suicide, or beliefs systems that support taking one's life is a sign of self-sacrifice.



## Presenter:

Dr. Dawn Lorraine McBride is a Registered Psychologist (clinical), supervisor, consultant, and associate professor at the University of Lethbridge (counsellor education). Her teaching, counselling, and research focus on the assessment and treatment of family violence, trauma, disordered eating, group therapy, ethics, multicultural issues, play therapy, EMDR, & somatic experiencing. She has won numerous teaching awards, has an active research agenda, and presents at international conferences. She maintains a small private practice (DPS) in Lethbridge specializing in relational psychodynamic therapy for teens/adults.

## Rates

### • **Early Bird:**

\$125 + \$6.25<sub>GST</sub> = \$131.25

- full payment must be received on/before Dec 21, 2018

### • **Regular:**

\$140 + \$7<sub>GST</sub> = \$147.00

- If the same organization registers 6 participants at the same time, a 10% discount will be applied to the early bird or regular rate.

## To Register:

Please go to [www.dawn-mcbride.com](http://www.dawn-mcbride.com), to complete registration details (step 1: use the registration tab) and to receive payment directions (step 2: e-transfer or mail).

## Things to Know:

- Receipts & certificates will be distributed at the workshop.
- Refunds: A full refund is available if requested via email on/before December 21, 2018; minus a \$3 processing fee. FYI: If the workshop has to be cancelled due to lack of registrants, full refunds will be sent on/before the day of the workshop.
- **BONUS** self-care time: A Registered Massage Therapist will be on site to offer chair massages for \$1 a minute (up to 15 mins.). Sign up on the day of the workshop.

## Calgary

January 18, 2019  
8:30 a.m. open for registration  
9:00 a.m. - 4:00 p.m.

First Alliance Church,  
12345 - 40th SE, Calgary, T2Z 4E6

## Questions & Contact Details:

- **Jarvis Larson**, Manager of DPS Workshops
- Cell: 403-332-3600
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